



## WOODCREEK SEAWOLVES 2022 REGISTRATION & SEASON INFORMATION LETTER

Happy 2022 SeaWolves Families!

We are excited to get everyone back in the pool for the 2022 Woodcreek SeaWolves season! We have some changes coming our way for the new season along with some return to normal as we head towards our first workout on April 19<sup>th</sup>, 2022! Details on the registration process are outlined in this letter. Please take a few minutes to look over everything, especially the registration deadlines and requirements. The Participant Handbook has been significantly revised for the upcoming season so spend time on that literature as we get closer to the season start.

### Team Update

If you have spent time on the Woodcreek SeaWolves website you will have noticed the competition schedule is posted! Meet of Champions (MOC) is still in flux and does not have a confirmed date, but we are anticipating the weekend of July 30<sup>th</sup> & 31<sup>st</sup>. It is likely not to be at the RAC this year.

More fun news is a new logo and branding! With the area growing we want to not just be associated with the Woodcreek area but all of Roseville- we are Roseville's Summer Recreational Swim Team!

Keeping with the new- we have a new suit provider Elsmore Aquatics. CCA switched over after a great experience with the company during our USA Swimming Sectionals meet. The owner Corby has done a great job with customer service and helping us navigate the challenges with the supply chain. Elsmore will be on deck March 29<sup>th</sup> for a fitting session along with bringing some practice gear that would be available for purchase!

We are happy to bring back Coach Jamie, Coach Kelli, and Coach Kaleyah for the 2022 season, and we are really excited to announce the return of Coach Sergio to the SeaWolves staff! Expect more staffing announcements as we get closer to season start.

You will notice that for 2022 we have raised the dues going into the season. We do want to note that this now includes a **Team Shirt and Latex Team Cap** for every participant! Operational costs rising is a reality for all entities, so while we had to raise rates for the season, we feel adding the items will help all members feel a part of the pack on the first day of workouts.

We have also restructured our practice set up. After listening to feedback from both parents and coaches we feel we have a unique set up moving forward in establishing core swimming skills with our youngest athletes, but also allowing those who have been with the team for a while (or have strong aquatics backgrounds) more opportunities for individual challenges that fit their abilities. Information is below along with more details included in the Participant Handbook.

The NorCal Swim League has reverted back to its pre-COVID bylaws at this time.

**1) “Dry-month” requirements are in effect for this season.** This means athletes **MAY NOT** continue to train and compete if they are on a year-round program beginning February 1<sup>st</sup>.

**2) 19 year-old athletes will not be allowed to compete as they did last year.**

Finally, we will be following all COVID protocols moving forward through the season. If there are changes to national, state, or county health requirements our program will be in compliance with those requirements. Our hope is that the current surge will subside and we will be back to regular operations by the March Clinic/Season start. We will inform you of any COVID protocol changes as they occur.

### **Returning Swimmer Registration**

Returning Registration will be a two-step process for the 2022 season:

1. **RETURNING Registration Payments through the CCA Swimming website** - All returning swimmer registration payments will be processed through <http://www.CCASwimming.org> this season. Before registration opens, we will share detailed instructions on both the CCA and SeaWolves websites. The registration dates for returners are **FEBRUARY 8<sup>th</sup>- 28<sup>th</sup>, 2022**. If you are a returner for 2022 and MISS the registration dates you will need to attend the March 5<sup>th</sup> Tryouts.
2. **Register through the Woodcreek SeaWolves website** – On March 2<sup>nd</sup> Returners who registered and paid on the CCA website will receive an email with a link to complete their SeaWolves website registration from our SeaWolves Registrars. You will have until March 31<sup>st</sup>, 2022 (the Refund deadline) to complete this process.

*Please Note: If you have a child that intends to try out for the team and join his/her sibling(s) as SeaWolves, please **do not** include the tryout swimmer when completing the returning swimmer online registration process. Once your new swimmer has completed tryouts and is successful, a registration link will be provided to you to add the sibling to your family profile.*

### **New Swimmer Tryouts & Registration**

We will open sign ups for New Swimmers in Mid-February, with information posted on the SeaWolves and CCA webpages. **New Swimmer Tryouts will be SATURDAY, MARCH 5<sup>th</sup> at the ROSEVILLE AQUATICS COMPLEX (RAC)**. Make up day will be Sunday, March 6<sup>th</sup>. New swimmers will be contacted and the list posted on Wednesday, March 9<sup>th</sup>, 2022. New Swimmers will receive registration instructions after it is announced they have made the 2022 team.

### **Age Group Determination Date**

Age groups are determined by the age the child will be as of **June 15<sup>th</sup>**. This is a policy of the Northern California Swim League.

## Registration Rates

The participant registration fees are outlined below. As a convenience to families with multiple swimmers, we offer registration discounts for sibling swimmers. To receive the Sibling Discount swimmers must be registered at the same time. **Each Swimmer will receive a Team Shirt and Team Latex Cap as part of their registration beginning this year!**

<u>1<sup>st</sup> swimmer:</u>	<u>2<sup>nd</sup> swimmer:</u>	<u>3<sup>rd</sup>+ swimmers:</u>	<u>High School SWIMMING:</u>
\$305.00	\$280.00	\$255.00	\$200.00

2022 High School Swimming Participants:

If your swimmer is participating in the High School SWIMMING they are eligible for the High School Swimming discount. Swimmer attendance requirements for High School Swimmers will begin on Tuesday, May 9<sup>th</sup>, 2022. However, they may begin to attend workouts earlier if they choose (IE- the conclusion of their High School League Champs Meet).

## Northern California Swim League Registration

The Northern California Swim League charges a \$15 per swimmer registration fee for the 2021 season. The league requires that all parents pay these fees individually to the league when they register online. This registration fee is non-refundable. Please register on the Nor Cal web page at <https://www.teamunify.com/MemRegStart.jsp?team=recncsl>. You will receive a reminder with instructions on how to register with NCSL after completing the online registration with the Woodcreek SeaWolves. Please check your spam folder if you did not receive it. Please do not delay in completing this step, **the deadline to register will be before the first day of practice, April 19<sup>th</sup>, 2022. SWIMMERS WILL NOT RECEIVE THEIR TEAM SHIRT/CAP UNTIL THEY ARE REGISTERED WITH NORCAL SWIM LEAGUE!**

## 2022 Spring Pre-Season Clinic

The 2022 Spring Pre-Season Clinic will take place Monday, March 21<sup>st</sup> through Thursday, April 7<sup>th</sup>. This small group Clinic will be open ONLY to 2022 Registered Team Members (returning and new members). Sign Up Info and pricing will be shared via the CCA and Woodcreek websites in mid-February.

Mon/Thurs Group 1, Tue/Fri Group 2, Sat AM Groups Combined

### **Weeknights: (April 7th ALL GROUPS!)**

11-12:	4:30-5:10PM
6-8:	5:10-5:50PM
9-10:	5:50-6:30PM
13-14:	6:30-7:10PM
15+:	7:10-7:50PM

### **Saturday (Both G1 & G2 Together)**

15+:	9:30-10:10AM
13-14:	10:10-10:50AM
11-12:	10:50-11:30AM
9-10:	11:30-12:10PM
6-8:	12:10-12:50PM

## **2022 Practice Schedule**

<b>10-12</b>	M-F	4:00pm-5:00pm
<b>5-9 “SeaPups”</b>	<b>M-Th</b>	5:00pm-5:45pm
<b>7-10</b>	M-Th	5:45pm- 6:45pm
	Fri	5:00pm- 5:45pm
<b>13-18</b>	M-Th	6:45pm-8:00pm
	Fri	5:45pm-7:00pm

### **SPIRIT FRIDAYS! Friday before all Competitions**

#### **10 & U 4:30-5:15PM, TEAM Rally 5:15PM, 11 & U 6:00-6:45PM**

SPIRIT FRIDAYS happen EVERY Friday before a competition! (Time Trial, Dual Meets, League Champs)

- Coaches Focus on ONE SKILL that they want the team to CRUSH at the meet that weekend!
- Team will get ready for their Meet Spirit Theme for the weekend
- Fun Team Building events during the TEAM RALLY!
- Allows the staff to prepare swimmers for their relays or any last minute changes needed to their racing event the next day.

**Scheduled No Practice Dates:** April 22, May 27, May 30, June 2<sup>nd</sup>, July 1, July 4, July 18

Please also familiarize yourself with the Inclement Weather Policy that is posted on the SeaWolves website. Storms, smoke, and extreme temperatures could all cause unforeseen cancellations.

## **2022 Swim Meet Schedule**

We are ready for a return to normal in regards to our meet schedule! The schedule is also posted on the Woodcreek SeaWolves site. Our first competition will be the Time Trials on May 14<sup>th</sup>. We are going to have some FUN at this event- we will run the Time Trials in the afternoon followed by a Team Movie Night and Food Truck Visit! Our season then gets into full swing wrapping up with the League Championships hosted at the RAC July 16<sup>th</sup> & 17<sup>th</sup>. We will update our families on the Meet of Champions (MOC) dates when they are made available.

### **Meet Schedule:**

**May 14<sup>th</sup>- Time Trial + Movie Night (Afternoon Meet into evening) HOME**

May 21<sup>st</sup>- Away (Johnson Ranch)

**June 4<sup>th</sup>- Rocklin HOME**

June 11<sup>th</sup>- Away (West Sac)

**June 18<sup>th</sup>- Del Norte HOME**

**June 25<sup>th</sup>- Gold River HOME**

July 9<sup>th</sup>- Away (Laguna Creek)

**July 16<sup>th</sup> & 17<sup>th</sup>: League Champs (HOSTED)**

**Meet of Champions (MOC) TBD\***

**\*Must qualify for Meet of Champions**

**Event Schedule: More Details on these events will be shared as we get closer but mark your calendars!**

First Day Meetings April 19<sup>th</sup>  
Saturday Clinic: Sat April 23<sup>rd</sup>  
Picture Day: May 18<sup>th</sup>  
Swim-A-Thon: May 23<sup>rd</sup>  
Operation Swim Towel-A-Thon: June 13<sup>th</sup>-21<sup>st</sup>  
RiverCats Game: June 23<sup>rd</sup>  
SunSplash: TBD (Late June/Early July!)  
Banquet: TBD

**Weekly Emails & Group Pages**

We are continuing this procedure from last year. On Monday midday each week through the season (holidays excluded), you will receive an email from the coaching staff with a link to the Group Page Updates. You can also access the Group Page via the Woodcreek SeaWolves website. Included will be important info for the upcoming week, events updates, post-meet notes, and a reminder to SIGN UP for the next meet and your volunteer shifts. If you have any questions for your respective group coach you can then just easily reply back to the email to contact the staff! The weekly emails will begin in April!

**More Changes for 2022:**

Please review the Participant Handbook for specific details on the changes noted above along with other adjustments as we move forward. Also keep an eye on any emails or scheduled meetings as we approach the season and work to inform and educate everyone on new policies or procedures. Things to note include:

- Detailed breakdown of the practice group adjustments
- Attendance policy for workouts & competitions (determines eligibility to be considered a “returner”)
- Description of the Parent Committee structure and position changes
- Team Store (Suit and Apparel) process changes
- Safe Sport Information and Policies
- Meet “SIGN IN” Policy Change (information coming as we approach May Time Trials)

We are looking forward to seeing everyone on the pool deck soon and welcoming you all back to the RAC! For up-to-date information on the Woodcreek SeaWolves, go to [www.woodcreekseawolves.com](http://www.woodcreekseawolves.com).

Thank you and Go SeaWolves!

W O O D C R E E K  
**SEAWOLVES**  
S W I M M I N G  
*Roseville, Ca*